

Tasting and Trying Challenge

This week on Food Dudes Fun at Home we are learning about the importance of tasting and trying foods in order to learn to like them. The Food Dudes know how important it is to taste a food many times to get to like it. Sometimes it can take more than TEN tries to like something! Sometimes, we eat with our eyes instead of our taste buds, and while it is important that the food's we eat look nice and colourful and healthy, sometimes they might not look perfect, but still taste yummy! This week, we have a special activity for tasting and trying some different foods.

This week's activity is based around your taste buds. The test will allow them to recognise the primary tastes; sweet, salty, bitter and sour.

Taste test:

- ✓ Set up a testing station, to help your child focus solely on taste. Clear a table and set it with a white tablecloth.
- ✓ Place bite sized portions of each food in ramekins/small plates/muffin tray
- ✓ Have your child close their eyes, or cover them using a blindfold and help them to take a seat at the table. Make sure they don't see the foods beforehand!
- ✓ Allow your child to try each food, observing the flavours, textures and scents and let them indicate which tastes they recognise.
- ✓ Have a discussion afterwards and see if some foods were difficult to distinguish/what they liked most/why they didn't enjoy a food etc.
- ✓ Once they have tried each food, ask them to complete the table below at the end of the game.



Why don't you share your Challenge with other family members. Don't forget to join in online with the hashtag **#FoodDudesFun**

Tasting and Trying Challenge

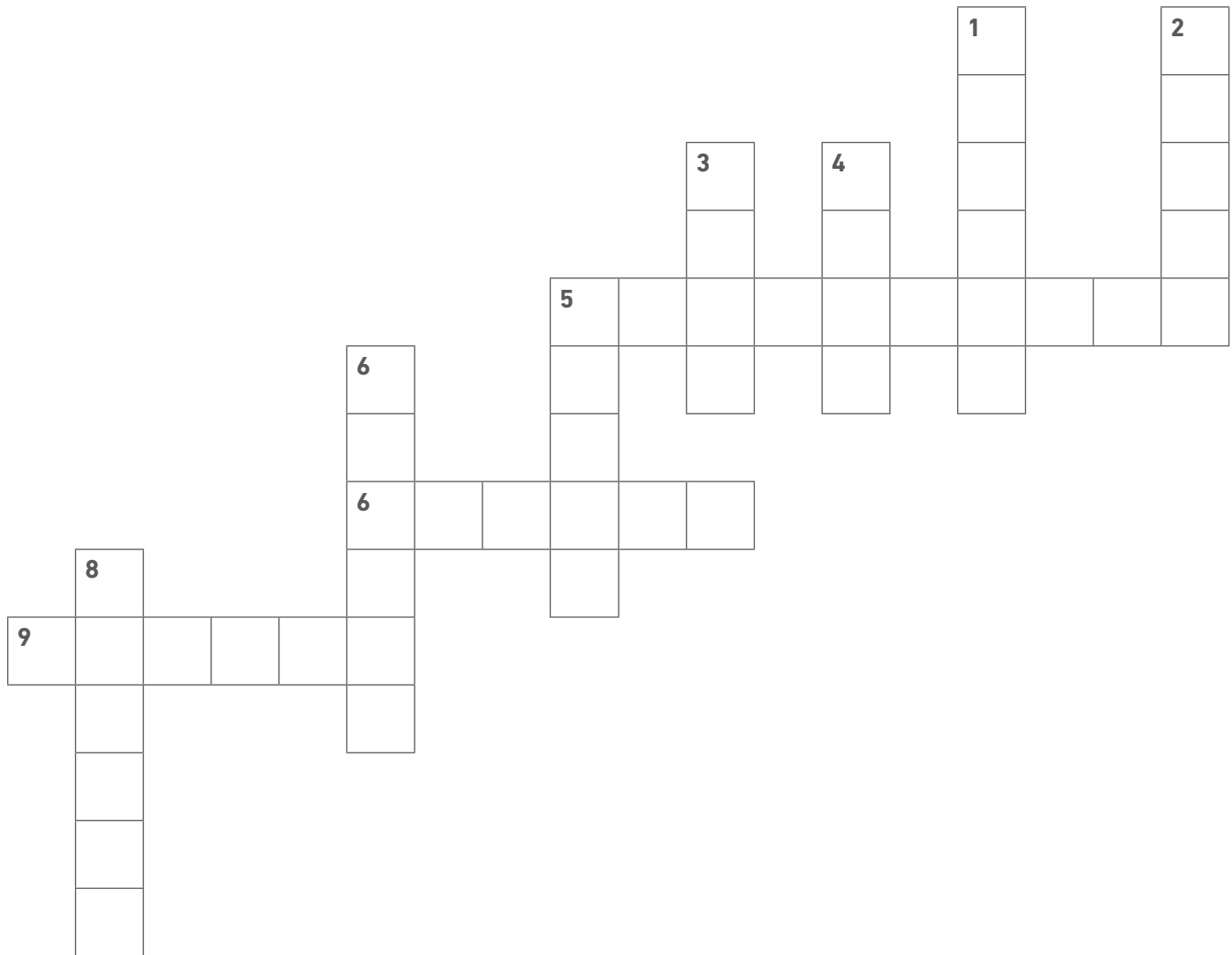
Food Tasted	Taste	Texture	Colour	Sight	Sound

Why not use some of the words in the box to describe some of the foods you tasted during the game!

Sweet	Juicy	Bitter	Seedless	Fresh
Salty	Round	Crunchy	Stoned	Waxy
Delicious	Bright	Soft	Unripe	Red
Firm	Yellow	Hard	Moist	Green
Fragrant	Pitted	Zesty	Refreshing	Hard
Tasteless	Leafy	Fleshy	Smooth	

Taste and Try Crossword

Try and complete this crossword and let's see how much you remember over the past few weeks of Food Dudes Fun at Home.



Across

5. A juicy red berry that grows in Ireland, it has seeds on the outside
7. A red fruit that does not belong in a fruit salad but might belong in a sandwich
9. A vegetable that is crunchy, orange and good for your eyesight

Down

1. A taste that is not sweet, lemons have this taste
2. When a fruit or veg fills your mouth with liquid it can be described as _____
3. A sweet, delicious vegetable that grows on the cob
4. Fuzzy on the outside, green on the inside with black pips
5. A dish containing a mix of chopped fresh vegetables that sometimes has a dressing such as Caesar or balsamic.
6. These are grown in Ireland, they can be boiled, roasted or mashed
8. Monkeys and Minions love this fruit